

OQKE PRAWIRA, S.ST.M.SI.PAR.

FOOD PRODUCTION

MODULE BOOK PRACTICUM 1



HOTEL OPERATIONS PROGRAM
UNIVERSITAS MULTIMEDIA NUSANTARA

PREFACE

The module of basic principles in food production is the guidance for students to understand the basic principles of cooking and how to implement it. This module contains most of the information that students will need in learn the skills and competencies required for hospitality student specially in food production.

Putting these principles into practice will not guarantee students become a great chef, because there are other necessary elements to become a successful chef. But this module will give necessary information and knowledge how things are work in food production areas. By learning the food production basic cooking principles will give you a better chance of being successful in your chosen profession.

Graduate Competence

Food and Beverage Production

- a. Able to prepare and make sandwich, salads, appetizers, soups, and various types of sauces;
- b. Able to prepare and cook poultry, seafood, meat, and various side dishes and desserts by applying cooking method in standard recipes;
- c. Able to make various types of dishes according to market needs;
- d. Able to make various types of popular Asian dishes, such as Indonesian cuisine, Japanese cuisine, Chinese cuisine, and Thai cuisine;
- e. Able to make various pastries and cakes based on standard recipes;
- f. Able to make breads and other products using yeast based on standard recipes;
- g. Able to make chocolate-based products;
- h. Able to present pastry culinary arts;
- i. Plan, arrange, and organize menu, as well as calculate and control the food cost from the kitchen operation;
- j. Manage and store various types of food based on the standard food processing techniques;
- k. Receive, store, and manage food supplies needed for kitchen operations;
- l. Conduct the procedure of hygiene, sanitation, and work safety on working areas and equipment that are used before, during, after the work activities;
- m. Manage food service operation properly and correctly;
- n. Understand the workflow and layout of commercial kitchen;
- o. Process digital document using data processing software related to F&B procurement and purchasing.

General Rules and Regulation

Below are rules and regulation that must be complied when using labs in Hotel Operations area:

1. Users

The users of Hotel Operations laboratories are the entire UMN students and staff whose permission have been approved by Department Head of Hotel Operations Program.

2. Procedures

No students are allowed to enter any facilities, such as labs and Lecturer's Office without permission. If there is no lecturer or admin staff available, it is strictly prohibited for students to enter the Lecturer's Office.

To use the labs or classes non-academically in Hotel Operations Department area, students or staff should fill in the required form which can be obtained in Building Management office or Hotel Operations Department. This form must be signed by Manager of Building Management and Head Department of Hotel Operations.

The form has three sheets. One should be hold by the event organizer, one to the building management, and the other to Hotel Operations Department.

It is illegal to use the labs or classes (and any facilities included inside) in Hotel Operations area without any approval evidence. For those caught using the area without approval evidence, they will be reported to DEM (Dewan Etik Mahasiswa/ Student Ethics Board) and sanctions will be given after the hearing.

3. Operating hours

All facilities in Hotel Operations Department can be functioned well from 08.00 to 17.00. Before 08.00 and after 17.00, no air condition functions and all facilities in Hotel Operations Department Area will be closed for public.

4. Obligations

- a. Lab users must read and comply the rules and regulation posted in every lab.
- b. Lab users must take care of the hygiene and cleanliness of the area.
- c. Lab users must be well-behaved and be careful when using the labs and the facilities.
- d. Lab users are required to return all facilities used to their original location, tidy and clean them up after use.
- e. Lab users are prohibited from smoking, eating, or drinking in Hotel Operations labs.
- f. Lab users are to place bags, gadgets, and other luggage in the lockers provided.
- g. All students of Hotel Operations are required to be well-groomed and wear precise uniform when using the labs.
- h. During the practicum test, students are permitted to bring their own equipment and ingredients with their own risks and responsibilities.
- i. Only those who are willing to comply with these rules are permitted to use UMN Hotel Operations laboratories.

Sanctions will be given by students who misuse the facilities in Hotel Operations Department, such as:

1. Damaged or Lost items

If key cabinets, or any facilities lost or damaged because of the carelessness or negligence during the usage in Hotel Operations Department area, users are fully responsible to fill an incident report and replace the same item.

For key lockers, students are obliged to pay for Rp 50.000,- when the key is lost or damaged.

For non-Hotel Operations students, besides replacing the same lost or damaged item, they will be blacklisted and prohibited to use any Hotel Operations labs and facilities for an indefinite period.

2. Data Forgery and misuse of equipment

Students of Hotel Operations program who provide incorrect information in the permission form and misuse the equipment and facilities which are not stated in the permission form will result in the deduction of PASS score and receive detention.

Meanwhile, for non- Hotel Operations students, they will be blacklisted and prohibited to use any Hotel Operations labs and facilities for indefinite period.

3. Others

Hotel Operations Department has the right to take any actions for protecting the assets and facilities from abuse, violation, and dangers. Under certain condition, Lab coordinator or the Department Head has the right to cancel and or withdraw the lab and equipment permit that will be or is being used by the borrower.

Attitude & Grooming

1. Students must respect customs, ethics, and norms by:

- a. Maintaining a good reputation of Hotel Operations Department – Universitas Multimedia Nusantara, both inside and outside campus.
- b. Not drunk or under influence of illegal drugs in campus area.
- c. Not overly displaying affection in public (PDA).

2. Students must maintain cleanliness and tidiness of the campus environment by:

- a. Not littering campus area.
- b. Not doodling or making graffiti in campus facilities, furniture, and equipment.
- c. Not damaging campus facilities, furniture, and equipment.
- d. Not smoking in campus area.
- e. Not eating and drinking in classes and labs.

3. Students must maintain Personal Hygiene by:

- a. Shower twice, daily.
- b. Use deodorant or perfume fairly. The scent should not linger after leaving.
- c. Shave or remove facial hair daily for male students.
- d. Shave legs and underarms for female students.
- e. Brush teeth periodically during shower or after each meal. Use mouth freshener if necessary.
- f. Maintain health by checking up to a doctor periodically.

- g. Wash hands after each activity, especially after going to the toilet, before and after each meal, and before going back to our activities. Washing hands is also very important before students handle any foods.
- 4. Students must maintain courtesy and grooming by maintaining these requirements:
 - a. Uniform
 - 1) Students must wear complete uniform when entering campus, especially in Hotel Operations Department area which include labs and office of Hotel Operations.
 - 2) Food Production, Pastry-Bakery Production, and Food Styling practicum classes: Plain white undergarments, chef jackets, black pants, white apron, chef cap, 2 (two) towel cloth, black safety shoes, long black socks. For female, hair should be net/tied/bun.
 - *) For students with hijab, please use a plain white hijab.
 - b. Hair
 - 1) Male: hair is not painted, bangs do not exceed the eyebrows, hair length is two cm above the collar, one cm above the ears, no mustache, no beard, neat haircut, using gel/pomade/foam.
 - 2) Female: hair is not painted, neat hair style. For practicum classes, the hair is tied, bun, net for students who have long hair.
 - 3) Haircut must always be properly maintained in a neat condition.
 - 4) Shampoo at least once every couple of days and most importantly, keep natural hair color.
 - 5) Utilization of hair wig or hair extension is not allowed.
 - 6) No hair-doing when the class starts, do it before the class.
 - 7) Hair bangs must be kept above eye-brows, no hair covering eyes.
 - 8) Hair accessories must be kept simple and black in color.
 - c. Nails
 - 1) Nail longer than the fingertips are not permitted.
 - 2) Artificial nails and nail arts are not permitted.
 - 3) Only clear or natural nail polish is permitted.
 - 4) Only clean, trimmed and well-manicured finger nails are allowed.
 - d. Shoes, socks, and hosiery
 - 1) Simple plain black socks and hosiery.
 - 2) Plain black lace style or plain black slip on style shoes with low heels.
 - 3) Non-slip sole to avoid injury.
 - 4) No sandals, open toed or strap shoes are permitted.
 - 5) Well-polished shoes at all time.
 - e. Belt
 - Only plain simple black leather belts with a small head belt are allowed.
 - f. Make up
 - 1) All students must take care of their skin care, avoid oily foods and be careful with the allergies.

- 2) Female students should use natural and bright colored make ups, earth and natural color is highly recommended.
 - 3) Female students are not using dark lipstick or excessive make up, present a polished, professional, five-star image.
 - 4) All students must look natural, be well applied, with no garish colors.
- g. Jewelry
- 1) Wedding & engagement ring is permitted.
 - 2) One additional regular ring also permitted.
 - 3) Earrings are permitted but not more than one in each ear.
 - 4) Simple in model.
 - 5) Plain, no stone/ diamond/ other additional material.
 - 6) Gold, silver, or its combination color only.
 - 7) Large bulky rings & rows of rings on each hand are not permitted.
 - 8) Toe rings are not permitted.
- h. Teeth Braces
- Only clear and silver braces are allowed.
- i. Eye Glasses and Contact Lenses
- Only plain simple black, brown or silver framed eyeglasses with clear lens are permitted, as well as only clear contact lenses are too.
- j. Tattoo and Piercing
- Visible body piercing and tattoo are not permitted. Face or tongue or other visible body piercings must be removed while students are in campus area.

PASS

PASS stands for Professional Attitude Scoring System. It is used to grade the students' attitude in campus environment. The grading will be based on three aspects which include academic and behavioral skills, professional grooming, and community skills.

All students have zero score at the beginning of each course. Throughout the week, the lectures will fill in the PASS grading in the application. Students will have minimum score 0 (zero) and maximum score 100 (one hundred). In every Hotel Operations course, PASS will take 20% of the total final score.

Food Production Lab

Rules and Regulations

1. Be ready **15 minutes** before the practicum starts and check your **grooming** (nails, socks, shoes, uniform, hair).
2. Bring your **notebook** and **pen**.
3. Fill in the **log book** when borrowing any keys.
4. Always do **briefing** and check the schedule/recipe board.
5. Check the gas room and ensure the gas is working.
6. Turn on the oven and stoves.
7. Prepare the **tools and equipment** and jot down everything used from the storage in the **storage's log book/ utensil list** provided.
8. Keep the working area clean all the time.
9. Clean the working area routinely according to schedule.
10. All tools should be well-kept neatly at the storage room after use.
11. Do inventory of the tools and equipment based on schedule.
12. Do not store excess cardboard boxes, equipment boxes, or Styrofoam. Keep everything neatly.
13. Always wash and dry the dirty towels or napkins after use.
14. Do not leave carelessly discarded objects, dropped objects, or spilled material on the floor. Clean up liquid or solid spills immediately.
15. Maintain your body gestures **professionally**. **Do not sit or sleep** inside the lab.
16. Clear space around first aid kit box, fire extinguishers, and electrical controls.
17. Store any sharp-pointed tools (scissors/cutters/knives) in the drawer or case.
18. **No food, no drinks, no gum, no smoking** in the lab.
19. Ensure the electrical appliances and gas valves are **turned off** after usage.
20. Report all unusual situations promptly to your lecturer.
21. Ensure the lab doors, freezer, chiller, storage rooms, and cabinets are locked after usage. Return the key to the Lab Coordinator and fill in the log book after practicum ended.
22. The negligence or ignorance to follow or not understanding the rules will result in **deduction of PASS** and be **given a detention week**.

Lab Operational Hours:
08.00 – 17.00
Do not enter without
class/permission!

KITCHEN SURVIVAL PACK

HIGHLY IMPORTANT FOR PASSING YOUR FOOD PRODUCTION CLASS

Pay attention to your chef!

Please do prepare this standard survival pack before your semester start, to ensure you are not kicked out by your chef!



22cm Chef knife
Your main weapon



8cm Paring Knife
Your sidekick



Peeler
Your helper



2 pcs Kitchen Towel
Just a towel but important!



Black pants & Chef jacket
Wear it with a pride



SAFETY SHOES
Your Armor



Chef hat
Your crown



Pen & notes
Your secrets stay in this book

SECTION IN CHARGE FOOD PRODUCTION PRACTICAL CLASS				
WEEK	PREPARATION	SERVING	CLEANING	REMARKS
I	I	II	III	
II	II	III	IV	
III	III	IV	I	
IV	IV	I	II	
V	I	II	III	
VI	II	III	IV	
VII	III	IV	I	
VIII	IV	I	II	
IX	I	II	III	
X	II	III	IV	
XI	III	IV	I	
XII	IV	I	II	
XII	I	II	III	
XIV	II	III	IV	

Notes:

- 1) Preparation Shift
Morning shift 07.00
Afternoon shift 12.00
Job desc: Prepare all ingredients for all tables
- 2) Serving
Job desc: Prepare for open resto and serving/chinaware
- 3) Cleaning
Job desc: Check all cleanliness all tables, equipment and inventory

SOP: Hand Washing

INSTRUCTIONS:

1. Post handwashing signs or posters in a language understood by all foodservice staff near all handwashing sinks, in food preparation areas, and restrooms.
2. Use designated handwashing sinks for handwashing only. Do not use food preparation, utility, and dishwashing sinks for handwashing.
3. Provide warm running water, soap, and a means to dry hands. Provide a waste container at each handwashing sink or near the door in restrooms.
4. Keep handwashing sinks accessible anytime employees are present.
5. Wash hands:

Before starting work	After smoking, eating, drinking, or chewing gum or tobacco
During food preparation	After handling raw meats, poultry, or fish
When moving from one food preparation area to another	After any clean up activity such as sweeping, mopping, or wiping counters
Before putting on or changing gloves	After touching dirty dishes, equipment, or utensils
After using the toilet	After handling trash or money
After sneezing, coughing, or using a handkerchief or tissue	After any time the hands may become contaminated
After touching hair, face, or body	
6. Follow proper handwashing procedures as indicated below:
 - a) Wet hands and forearms with warm, running water at least 100°F and apply soap
 - b) Scrub lathered hands and forearms, under fingernails, and between fingers for at least 10-15 seconds. Rinse thoroughly under warm running water for 5-10 seconds.
 - c) Dry hands and forearms thoroughly with single-use paper towels or dry hands for at least 30 seconds if using a warm air hand dryer
 - d) Turn off water using paper towels
 - e) Use paper towel to open door when exiting the restroom.
 - f) Use hand sanitizers only after hands have been properly washed and dried.

SOP: Personal Hygiene

Foodservice employees who handle, prepare or serve food must:

1. Follow the Employee Health Policy.
2. Report to work in good health, clean, and dressed in clean attire.
3. Change apron when it becomes soiled.
4. Wash hands properly, frequently, and at the appropriate times.
5. Keep fingernails trimmed, filed, and maintained so that the edges are cleanable and not rough.
6. Avoid wearing artificial fingernails and fingernail polish.
7. Wear single-use gloves if artificial fingernails or fingernail polish are worn.
8. Do not wear any jewelry except for a plain ring such as a wedding band.
9. Treat and bandage wounds and sores immediately. When hands are bandaged, single-use gloves must be worn.
10. Cover a lesion containing pus with a bandage. If the lesion is on a hand or wrist, cover with an impermeable cover such as a finger cot or stall and a single-use glove.
11. Eat, drink, use tobacco, or chew gum only in designated break areas where food or food contact surfaces may not become contaminated.
12. Taste food the correct way:
 - Place a small amount of food into a separate container.
 - Step away from exposed food and food contact surfaces.
 - Use a teaspoon to taste the food. Remove the used teaspoon and container to the dish room. Never reuse a spoon that has already been used for tasting.
 - Wash hands immediately.
13. Wear suitable and effective hair restraints while in the kitchen.

SOP: Using Suitable Utensils When Handling Ready-to-Eat Foods

PURPOSE: To prevent foodborne illness due to hand-to-food cross-contamination

INSTRUCTIONS:

1. Use proper hand washing procedures to wash hands and exposed arms prior to preparing or handling food or at any time when the hands may have become contaminated.
2. Do not use bare hands to handle ready-to-eat foods at any time unless washing fruits and vegetables.
3. Use suitable utensils when working with ready-to-eat food. Suitable utensils may include:
 - Single-use gloves
 - Deli tissue
 - Foil wrap
 - Tongs, spoons, and spatulas
4. Wash hands and change gloves:
 - Before beginning food preparation
 - Before beginning a new task
 - After touching equipment such as refrigerator doors or utensils that have not been cleaned and sanitized
 - After contacting chemicals
 - When interruptions in food preparation occur, such as when answering the telephone or checking in a delivery
 - When handling money
 - Anytime a glove is torn, damaged, or soiled
 - Anytime contamination of a glove might have occurred

SOP: Receiving Deliveries

INSTRUCTIONS

1. Schedule deliveries to arrive at designated times during operational hours.
2. Post the delivery schedule, names of vendors, days and times of deliveries, and drivers' names.
3. Establish a rejection policy to ensure accurate, timely, and effective refusal and return of rejected goods.
4. Organize freezer and refrigeration space, loading docks, and store rooms before deliveries.
5. Gather purchase orders, temperature logs, calibrated thermometers, and clean loading carts before deliveries.
6. Keep receiving area clean and well lit.
7. Compare delivery invoice against products ordered and products delivered.
8. Transfer foods to their appropriate locations as quickly as possible.

SOP: Cleaning and Sanitizing Food Contact Surfaces

** Follow manufacturer's instructions regarding the proper use of chemicals for cleaning and sanitizing food contact surfaces.*

WHEN:

Wash, rinse, and sanitize food contact surfaces:

- Before each use
- Between uses when preparing different types of raw animal foods or when preparing ready-to-eat foods and raw animal foods
- Any time contamination occurs or is suspected

HOW:

Surfaces: Wash, rinse, and sanitize food contact surfaces using the following procedure:

- 1) Wash surface with detergent solution.
- 2) Rinse surface with clean water.
- 3) Sanitize surface using a sanitizing solution mixed at a concentration specified on the manufacturer's label.
- 4) Place wet items in a manner to allow air drying.

If a 3-compartment sink is used, set up and use the sink in the following manner:

1st compartment : Wash with a clean detergent solution at or above 110°F or at the temperature specified by the detergent manufacturer.

2nd compartment : Rinse with clean water.

3rd compartment : Sanitize with a sanitizing solution mixed at a concentration specified on the manufacturer's label or by immersing in hot water at or above 171 °F for 30 seconds. Test the chemical sanitizer concentration by using an appropriate test kit.

If a dish machine is used:

- 1) Check with the dish machine manufacturer to verify that the information on the data plate is correct.
- 2) Refer to the information on the data plate for determining wash, rinse, and sanitization (final) rinse temperatures; sanitizing solution concentrations; and water pressures, if applicable.
- 3) Follow manufacturer's instructions for use.
- 4) Ensure food contact surfaces reach a surface temperature of 160 °F or above if using hot water to sanitize.

SOP: Preventing Cross-Contamination During Storage & Preparation

INSTRUCTIONS

1. Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.
2. Separate different types of raw animal foods, such as eggs, fish, meat, and poultry, from each other, except when combined in recipes.
3. Store raw animal foods in refrigerators or walk-in coolers by placing the raw animal foods on shelves in order of cooking temperatures with the raw animal food requiring the highest cooking temperature, such as chicken, on the lowest shelf.
4. Separate unwashed fruits and vegetables from washed fruits and vegetables and other ready-to-eat foods.
5. Use only dry, cleaned, and sanitized equipment and utensils. Refer to Cleaning and Sanitizing Food Contact Surfaces SOP for proper cleaning and sanitizing procedure.
6. Touch only those surfaces of equipment and utensils that will not come in direct contact with food.
7. Place food in covered containers or packages, except during cooling, and store in the walk-in refrigerator or cooler.
8. Designate an upper shelf of a refrigerator or walk-in cooler as the “cooling” shelf. Uncover containers of food during the initial quick cool-down phase to facilitate cooling.
9. Clean the exterior surfaces of food containers, such as cans and jars, of visible soil before opening.

SOP: THAWING FOOD

PURPOSE: All foods will be thawed using appropriate practices to ensure food safety.

INSTRUCTIONS:

Steps for thawing frozen food include:

1. Use one of the three acceptable methods for thawing food:
 - a. Thaw food in the refrigerator at 41°F or below. NEVER thaw food at room temperature.
 - b. Thaw food needed for immediate service under potable running water at 70°F or lower. Prepare the product within 4 hours of thawing. Monitor the outside temperature of the product with a thermometer to ensure it is not above 41°F.
 - c. Thaw the product in the microwave if product will be cooked immediately.
 - d. Cook food from frozen state, such as hamburgers.
2. Use the lowest shelf in the cooler for thawing raw meat to prevent cross-contamination and separate raw products from cooked and ready-to-eat products.
3. Do not refreeze thawed food, unless they are first cooked or processed.

SOP: Controlling Time and Temperature During Preparation

PURPOSE: To prevent foodborne illness by limiting the amount of time that potentially hazardous foods are held in the temperature danger zone during preparation.

INSTRUCTIONS:

1. Wash hands prior to preparing foods and use clean and sanitized equipment/utensils while preparing food.
2. Separate raw foods from ready-to-eat foods by keeping them in separate containers until ready to use and by using separate dispensing utensils. (Refer to the Preventing Cross-Contamination During Storage and Preparation SOP.)
3. Pre-chill ingredients for cold foods to 41 °F or below before combining with other ingredients.
4. Prepare foods as close to serving times as the menu will allow.
5. Prepare food in small batches.
6. Limit the time for preparation of any batches of food so that ingredients are not at room temperature for more than 30 minutes before cooking, serving, or being returned to the refrigerator.
7. If potentially hazardous foods are not cooked or served immediately after preparation, quickly chill. Refer to the Cooling Potentially Hazardous Foods SOP.

SOP: Serving Food

PURPOSE: To prevent food borne illness by ensuring that all foods are served in a sanitary manner.

INSTRUCTIONS:

1. Wash hands before putting on gloves, each time the gloves are changed, when changing tasks, and before serving food with utensils.
2. Do not touch ready-to-eat foods with bare hands.
3. Handle plates by the edge or bottom; cups by the handle or bottom; and utensils by the handles.
4. Store utensils with the handles up or by other means to prevent contamination.
5. Hold potentially hazardous food at the proper temperature. (Refer to the Holding Hot/Cold Potentially Hazardous Foods SOP.)
6. Serve food with clean and sanitized utensils. Store in-use utensils properly.
7. Date mark and cool potentially hazardous foods or discard leftovers. Refer to the Date Marking Ready-to-Eat, Potentially Hazardous Foods, and Cooling Potentially Hazardous Foods SOPs.

Important: Train employees on proper use and calibration of thermometers and establish/follow and employee health policy.

SOP: Washing Fruits & Vegetables

PURPOSE: To prevent or reduce risk of foodborne illness or injury by contaminated fruits and vegetables.

INSTRUCTIONS:

1. Wash hands using the proper procedure.
2. Wash, rinse, sanitize, and air-dry all food-contact surfaces, equipment, and utensils that will be in contact with produce, such as cutting boards, knives, and sinks.
3. Wash all raw fruits and vegetables thoroughly before combining with other ingredients, including:
 - Unpeeled fresh fruit and vegetables that are served whole or cut into pieces.
 - Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.
4. Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.
5. Remove any damaged or bruised areas.
6. Label, date, and refrigerate fresh-cut items.
7. Serve cut melons, tomatoes and leafy greens within 7 days if held at 41 °F or below. (Refer to the Date Marking Ready-to-Eat, Potentially Hazardous Food SOP.)
8. Do not serve raw seed sprouts to highly susceptible populations such as preschool-age children.

Note: Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

SOP: Preventing Contamination at Food Buffets

INSTRUCTIONS

1. Follow manufacturer's instructions for pre-heating and pre-chilling food bar equipment before use.
2. Place all exposed food under sneeze guards.
3. Provide an appropriate clean and sanitized utensil for each container on the food bar.
4. Replace existing containers of food with new containers when replenishing the food bar.
5. Assist customers who are unable to properly use utensils.
6. Ensure that customers use a clean dish when returning to the food bar.
7. Store eating utensils with the handles up or in a manner to prevent customers from touching the food contact surfaces.
8. Avoid using spray chemicals to clean food bars when in use.

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General Guidelines for Precision Cuts

NO	Cutting Method	Size
1	Fine Brunoise	1/16 x 1/16 x 1/16 inch (1.5mm)
2	Brunoise	1/8 x 1/8 x 1/8 inch (3mm)
3	Small Dice / Macédoine	¼ x ¼ x ¼ inch (6mm)
4	Medium Dice / Parmentier	½ x ½ x ½ inch (1.25 cm).
5	Large Dice / Carré	¾ x ¾ x ¾ inch (2 cm)
6	Fine Julienne	1/16 x 1/16 x 1 to 2 inches / 1.5mm x 1.5mm x 3–5 cm
7	Julienne / Allumette*	1/8 x 1/8 x 1 to 2 inches / 3mm x 3mm x 3–5 cm
8	Batonnet	¼ x ¼ x 2 to 2 ½ inches / 6mm x 6mm x 5–6 cm
9	Paysanne	½ x ½ x 1/8 inch / 1 cm x 1 cm x 3mm
10	Lozenge	Diamond shape, ½ x ½ x 1/8 inc / 1 cm x 1 cm x 3mm
11	Fermiere	Cut to the desire thickness 1/8 to ½ inch / 3mm to 1 cm
12	Rondelle	Cut to the desire thickness 1/8 to ½ inch / 3mm to 1 cm
13	Tourne	Approximately 2 inches long with seven faces / 5 cm

Week of Practice : I

Recipe Name	VEGETABLE CUTTING
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Yield :

Portion :

[illegible]

EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	stock pot
1	pcs	sautese
1	pcs	wooden spatula

Item Name : Beef Stock

Yield : 1 liter

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	stock pot
1	pcs	colander
1	pcs	chinois
1	pcs	wodden spatula
1	pcs	fine strainer

Week of Practice : I

Item Name : Chicken Stock

QTY	Unit	INGREDIENT
500	Gr	Chicken Bone, cut into small pcs
2	ltr	Cold Water
		Mirepoix
50	Gr	Carrot, cut 3 cm
100	Gr	Onion, cut 3 cm
50	Gr	Celery, cut 3 cm
		Bouquet Garny in sachet
1	leave	Bay Leaves
0.5	tsp	Thyme
0.5	tsp	Peppercorn
1	stalk	Parsley stems
1	clove	Whole Clove

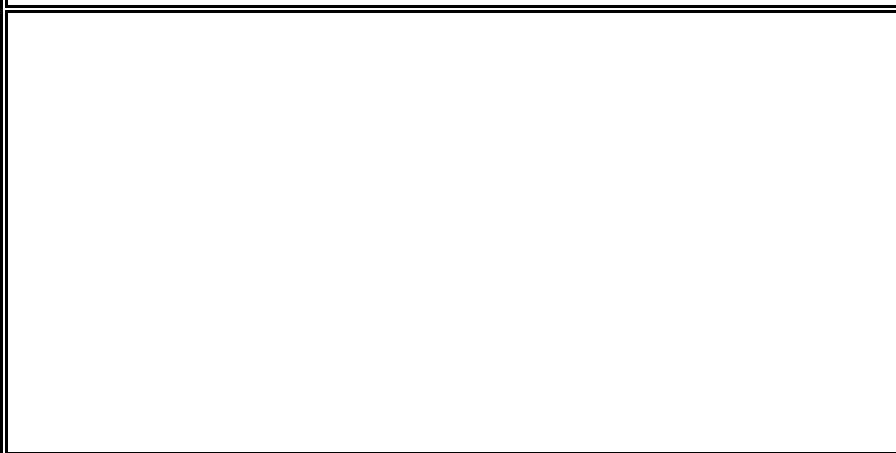
EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	stock pot
1	pcs	colander
1	pcs	chinois
1	pcs	wodden spatula
1	pcs	fine strainer

Yield : 1 litre

Procedure :

1. Blanched Chicken bone: place them in a stockpot, cover with cold water and bring to a boil. Drain and rinse
2. Place the bone in the stockpot and cover with cold Water
Bring to a boil, reduce the heat to simmer, and skim the scum
3. Add the mirepoix and bouquet garny
4. simmer for 2-4 hours, skimming the surface as necessary
5. Strain
6. Cool the stock

PICTURE

Week of Practice : I

Item Name : Fish Stock or Fumet

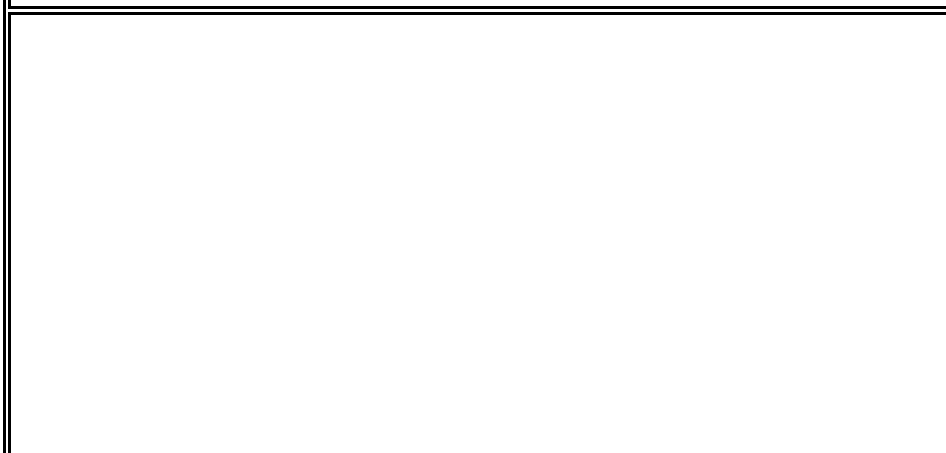
QTY	Unit	INGREDIENT
500	Gr	Fish Bone, cut into small pcs
1	ltr	Cold Water
		Mirepoix
25	Gr	Carrot, Chopped (optional)
50	Gr	Onion, chopped
25	Gr	Celery, chopped
		Mushroom, (optional)
		Bouquet Garny in sachet
1	leave	Bay Leaves
0.5	tsp	Peppercorn
1	stalk	Parsley stems
1	clove	Whole Clove
50	ml	White wine
10	gr	Butter

EQUIPMENT :

QTY	UNIT	UTENSIL
1	pcs	stock pot
1	pcs	colander
1	pcs	chinois
1	pcs	wodden spatula
1	pcs	fine strainer

Yield : 1 liter

Procedure :
<ol style="list-style-type: none">1. Butter the bottom of heavy stockpot, place mirepoix in bottom of the bones over the top of it. Cover the bone loosely with round of brown paper2. Set the pot over low heat and cook slowly for 5 minute, until the bones are opaque and begin to exduce juices3. Add wine, bring to a simmer, then add the sachet and water to cover.4. Bring to a simmer again, skim and let simmer for 30-45 minutes5. Strain

PICTURE

Week of Practice : I

Item Name : Vegetable Soup

QTY	Unit	INGREDIENT
75	gr	Stringbean, small dice
75	Gr	Carrot, small dice
50	Gr	turnip, small dice
20	Gr	Celery, small dice
15	Gr	Onion, Chopped
15	Gr	Garlic, Chopped
1000	ml	Chicken Stock
to taste		Salt & pepper
		Butter
		Parsley

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	saucepot
1	pcs	wodden spatula
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	pot

Yield : 5 portion

Procedure :
1. Heat the butter in a heavy saucepot over medium heat 2. Sweat the all vegetables untill half cook 3. Add the stock. Bring to a boil and skim carefully 4. Simmer untill vegetables are tender 6. Seasoned with salt and pepper 7. Garnish with chopped parsley

PICTURE

Week of Practice : II

Item Name : Brown Stock

QTY	Unit	INGREDIENT
1.5	kg	Beef Bones, cut into 3-4 cm
4	ltr	Cold Water
		Mirepoix
50	Gr	Carrot, cut 3 cm
100	Gr	Onion, cut 3 cm
50	Gr	Celery, cut 3 cm
100	gr	Tomatoes
		Bouquet Garny in sachet
1	leave	Bay Leaves
0.5	tsp	Thyme
0.5	tsp	Peppercorn
1	stalk	Parsley stems
1	clove	Whole Clove

EQUIPMENT :		
QTY	UNIT	UTENSIL
1	pcs	stock pot
1	pcs	colander
1	pcs	chinois
1	pcs	wodden spatula
1	pcs	fine strainer

Yield : 2 liter

Procedure :
<ol style="list-style-type: none">1. Roast beef bone untill well brown2. Remove Bone, place into stockpot cover with water, simmer3. Drain and reserve the fat, deglaze the pan with water4. Toss mirepoix with some of the reserved fat and brown well in the oven5. Add the brown mirepoix, tomato and sachet to the stock pot6. Simmer for 4-6 hours7. Strain8. Cool

PICTURE

Week of Practice : II

Item Name : Brown Sauce

QTY	Unit	INGREDIENT
2	kg	Beef Bone, roast until brown
		Mirepoix
250	gr	Carrot)
250	gr	Celery) cut in dice
500	gr	Onion)
		Bouquet Garny
5	gr	Thyme
5	gr	Bay Leave
250	gr	Butter or Margrine
250	gr	Flour
250	gr	Tomato Puree

EQUIPMENT :		
QTY	UNIT	UTENSIL
1	pcs	stock pot
1	pcs	colander
1	pcs	chinois
1	pcs	wodden spatula
1	pcs	fine strainer

Yield :

Procedure :
1. Roast beef bone untill well brown 2. Remove Bone, place into stockpot cover with water, simmer 3. Drain and reserve the fat, deglaze the pan with water 4. Toss mirepoix with some of the reserved fat and brown well in the oven 5. Add the brown mirepoix, tomato and sachet to the stock pot 6. Add roux and continue simmer for 4-6 hours 7. Strain 8. Cool

PICTURE

Week of Practice : II

Item Name : Clear Vegetable Soup

QTY	Unit	INGREDIENT
25	Gr	Butter
150	Gr	Onion, dice
100	Gr	Carrot, dice
100	Gr	Stringbean, dice
80	Gr	Turnip, dice
100	gr	Chicken, dice
1.5	liter	Chicken Stock
Garnish		
		Tomato Concasse

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	saucepot
1	pcs	wodden spatula
1	pcs	cutting board
1	pcs	vegetable knife

Yield : 5 portions

Procedure :
1. Heat the butter in a heavy saucepot over medium heat 2. Sweat the all vegetables untill halves cook 3. Add the stock. Bring to a boil and skim carefully 4. Simmer untill vegetables are just tender 5. seasoned 6. garnish with tomato concasse

PICTURE

Week of Practice : II

Item Name : Pure of Carot Soup

QTY	Unit	INGREDIENT
25	gr	Butter or Margarine
400	gr	Carrot, small dice
100	gr	Onion, small dice
1	ltr	Chicken Stock
100	gr	Potato, small dice
to taste		Salt & Pepper
1,5	ltr	Chicken Stock
Garnishes		Optional
		Cream, hot

EQUIPMENT :		
QTY	UNIT	UTENSIL
1	pcs	cutting board
1	pcs	vegetables knife
1	pcs	stock pot
1	pcs	wooden spatula
1	pcs	food mill/blender

Yield : 5 portions

Procedure :
1. Heat butter over low heat 2. add carrot and onion. Sweat vegetable untill half cooked. Do not let them brown 3. Add the stock and potato. Bring to boil 4. Simmer utill vegetables tender 5. Passing all through a food mill or blender 6. Bring the soup back to simmer. If necessary, add more stock to the thin the soup 7. Season 8. Garnish with hot cream

PICTURE

Week of Practice : III

Item Name : Cream of Cauliflower

QTY	Unit	INGREDIENT
1	ltr	White Stock
300	gr	Cauliflower, cut into small pieces
80	gr	Onion, Chopped
		Roux
50	gr	butter or margarine
50	gr	Flour
300	cc	Milk
to taste		Salt and white pepper
Garnishes		
150	cc	Heavy Cream
		Small Cauliflower, cooked

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	cutting board
1	pcs	vegetables knife
1	pcs	stock pot
1	pcs	wooden spatula
1	pcs	ballon whisk

Yield : 5 portion

Procedure :
<ol style="list-style-type: none">1. Saute Onion until fragrant2. Add cauliflower. Moisten with stock3. Simmer until vegetables tender4. make a roux5. beat the roux into soup. Simmer untill no starch taste6. Pass the soup into food mill or blender7. Strain the soup using differen pot, reheat8. Add milk, cream to bring the soup proper consistency8. season with s&p9. Garnish with heavy cream and small cauliflower florets

PICTURE

Week of Practice : III

Item Name : Veloute sauce (Veal, Chicken or Fish)

QTY	Unit	INGREDIENT
2.5	ltr	White Stock (Chicken or Fish)
		Roux
125	gr	Clarified Butter
125	gr	Flour

EQUIPMENT :		
QTY	UNIT	UTENSIL
1	pcs	Sauce pot
1	pcs	ballon whisk

Yield : 2 liter

Procedure :
<ol style="list-style-type: none">1. Heat butter over low medium heat, add flour and make blond roux. Cool roux slightly2. Add hot stock to the roux, beating constanly. Bring to boil Reduce heat to simmer3. Simmer the sauce very slow . Stir occasionally4. Strain with china cap

PICTURE

Week of Practice : III

Item Name : Poached Fillet of Red Snapper in White wine

QTY	Unit	INGREDIENT
500	gr	Fillet of Red Snapper
20	gr	Butter
20	gr	Shallot, fine dice
50	cc	White wine
125	cc	Fish Stock
300	cc	Fish Veloute
1	ea	Egg yolk
50	cc	Heavy Cream
10	gr	Butter
as needed		Lemon Juice
to taste		Salt and Pepper

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	cutting board
1	pcs	vegetables knife
1	pcs	stock pot
1	pcs	wooden spatula
1	pcs	ballon whisk

Yield : 5 portions

Procedure :
1. Butter inside of pan, Sprinkle with shallot 2. Lay the fish on top. Pour white wine and add stock 3. Cover the pan 4. Set a pan on the range and bring just a simmer. Donot boil 5. Place the pan in a hot oven, cook about 5 minutes 6. Drain the liquid and let the fish covered in warm 7. Reduce the poached liquid over high heat 8. Add veloute and bring to simmer 9. Beat egg yolk and mixed with cream to make liaison 10. Mixed with liquid and seasoned add butter

PICTURE

Week of Practice : III

Item Name : Poach chicken Supreme sc

QTY	Unit	INGREDIENT
1/2	whole	Chicken
5	cc	Vinegar
5	gr	Bay Leave
5	gr	Thyme
to taste		Salt & Pepper
500	ml	Chicken stock
20	gr	onion
10	gr	garlic
		oil
Supreme Sc		
100	ml	Bechamel
50	gr	Green Peas

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	saucepot
1	pcs	wodden spatula
1	pcs	cutting board
1	pcs	vegetable knife

Yield :

Procedure :
1. Saute onion, garlic until fragrant 2. add chicken do not brown it 3. Moistern with chicken stock 4. Add vinegar, thyme, bay leaf, vinegar, salt and pepper 5. Poach until the chicken is cook 6. Serve with Supreme sc

PICTURE

Week of Practice :III

Item Name : Steam Potato

QTY	Unit	INGREDIENT
5	pcs	Potato, wash, peel

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	vegetable knife
1	pcs	cutting board
1	pcs	steamer

Yield : 5 portion

Procedure :
1. Cut potato into cocotte and chateau 2. Steamed until potato done

PICTURE

Week of Practice : III

Outlet : Kitchen Item name : Saute Mixed Vegetable

QTY	Unit	INGREDIENT
150	gr	Carrot, macedoine
150	gr	Turnip, macedoine
		Stringbeans, macedoine
		Butter
		Salt
		Pepper

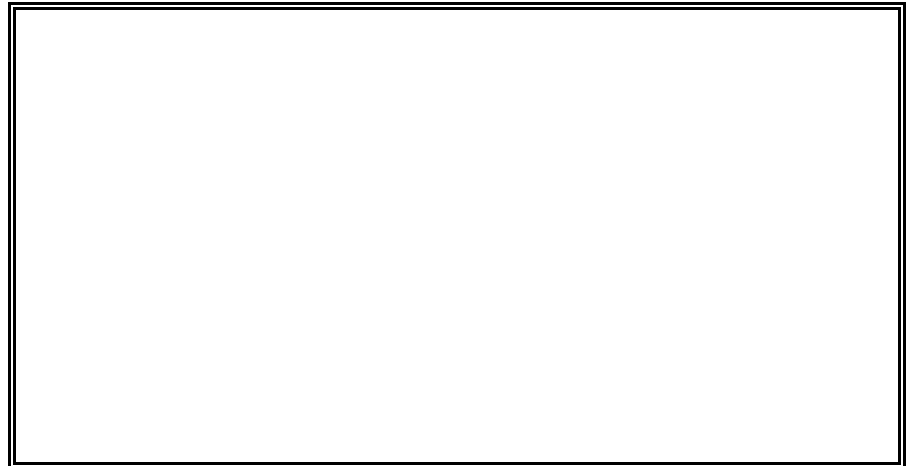
EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	Cutting board
1	pcs	Chef knife
1	pcs	sautese
1	pcs	wooden spatula

Yield :5 Portions

PROCEDURE

1. Boil carrot and turnip, stringbeans refresh
2. Saute all vegetable
3. Mix well, seasoning with salt and pepper

PICTURE

Week of Practice : IV

Item Name : Mayonnaise

QTY	Unit	INGREDIENT
1	ea	Egg Yolk
		Lime
1/4	tsp	Mustard
100	cc	Salad Oil
to taste		Salt & pepper

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	whisking bowl
1	pcs	ballon whisk

Yield :

Procedure :
<ol style="list-style-type: none">1. Break the egg, take the egg yolk put in the whisking bowl2. Whisk egg yolk using ballon whisk constantly, pour salad oil whisk until its emulsified. After emulsified add mustard, and salt as seasoning <p>note : if the mayonnaise broken :</p> <ol style="list-style-type: none">1. add cold water2. mix an old mayonnaise with the broken3. repeat the procedure from the start

PICTURE

Week of Practice : IV

Item Name : vinaigrette

QTY	Unit	INGREDIENT
5	cc	Wine Vinegar
5	gr	Salt
5	gr	White pepper
100	cc	Salad Oil

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	whisking bowl
1	pcs	ballon whisk

Yield :

Procedure :
1. mix all ingredients well

PICTURE

Week of Practice : IV

Item Name : Chicken Sandwich

QTY	Unit	INGREDIENT
100	gr	Chicken
25	cc	Mayonaise
50	gr	Lettuce
50	gr	Onion
50	gr	Tomato
2	pcs	Bread

EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	Grill
1	pcs	Frying pan

Yield :

Procedure :

1. Grilled the chicken until cooked
2. Cut tomato and onion into slice
- 3, cut the lettuce into shredded
4. Arrange in the bread (mayonnaise, lettuce, chicken, onion, tomato, cover with bread

Picture

Week of Practice : IV

Item Name : RUSSIAN SALAD

QTY	Unit	INGREDIENT
50	gr	Carrot,dice
50	gr	Stringbean,dice
50	gr	Potato,dice
100	gr	Lettuce
25	cc	Mayonaise

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	wooden spatula
1	pcs	vegetable knife
1	pcs	whisking bowl
1	pcs	ballon whisk
1	pcs	cutting board

Yield :

Procedure :
<ol style="list-style-type: none">1. Boil carrot and potato (do not over cooked)2. Blanch stringbeans3. Cut lettuce into shredded4. Arrange in plate (lettuce, potato, carrot, stringbeans)5. Pour the dressing on top6. Garnish with parsley

Picture

Week of Practice : IV

Outlet : Kitchen

Item Name :Chef Salad

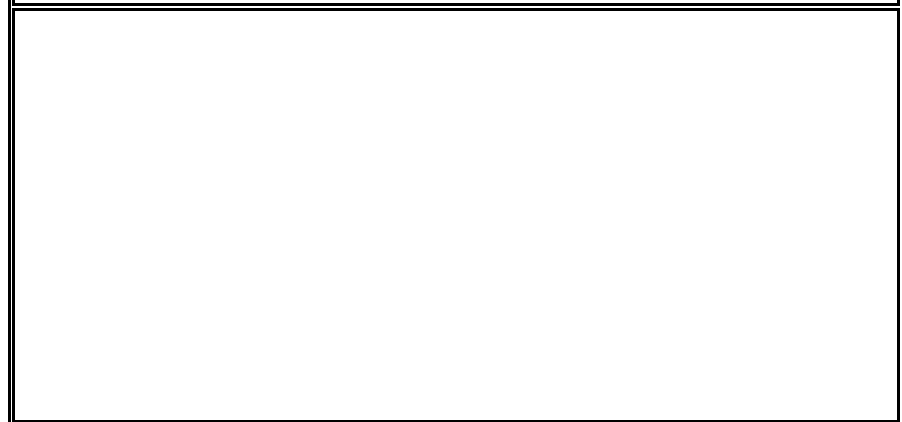
QTY	Unit	INGREDIENT
250	gr	Lettuce, shredded
125	gr	Chicken, boiled, cut into thin strips
125	gr	Beef Ham, cut into thin strips
125	gr	Cheese, cut into thin strips
10	gr	Tomato, wedges
10	gr	Cherry Tomato, cut in two
5	gr	Hard Boiled Egg, wedges
45	gr	Carrots, cut batonnet
5	gr	Green pepper, slice
		Vinaigrette

EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	wooden spatula
1	pcs	vegetable knife
1	pcs	whisking bowl
1	pcs	balloon whisk
1	pcs	stock pot
1	pcs	cutting board

Yield :

Procedure :
1. Arrange in the plate, lettuce, chicken, beef ham, tomato cherry tomato, carrot, green pepper, chesse
2. Pour the dressings on top
3. Garnish with parsley bunch

Picture

Week of Practice : V

Outlet : Kitchen

Item Name :French Toast

QTY	Unit	INGREDIENT
10	pcs	White Bread
2		Egg
250	cc	Milk
10	gr	Sugar
5	gr	Vanila
10	gr	Cinamon
		honey

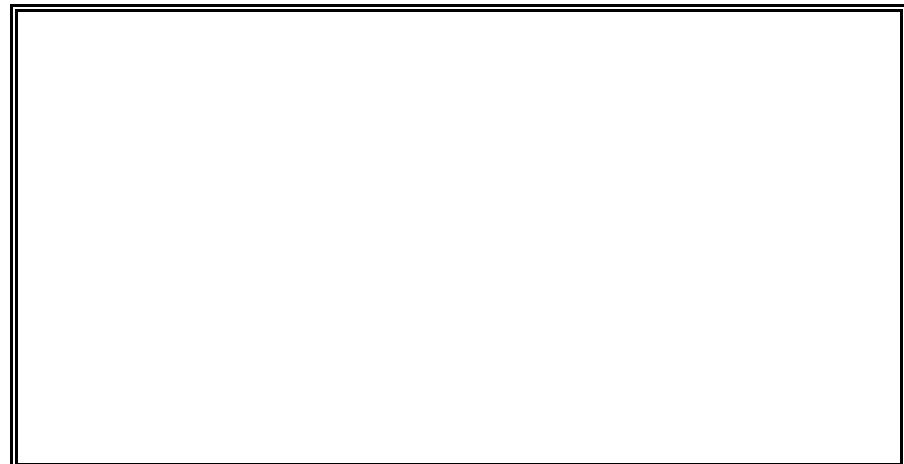
EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	cutting board
1	pcs	bread knife
1	pcs	bowl
1	pcs	teflon

OPEN RESTO

Yield :

PROCEDURE :
1. Cut into 2 the bread (triangle) 2. Mix egg, milk, sugar using whisking bowl 3. Add vanila and cinnamon 4. Dip the bread into the batter 5. Toast the bread using teflon 6. Toast until golden brown colour 7. Serve with honey

PICTURE

Week of Practice : V

Outlet : Kitchen

Item Name :Egg Dishes

QTY	Unit	INGREDIENT
		Scramble egg
		Ommelete egg
		Sunny Side Up egg
		Turn Over egg
		Over Easy egg
		Poach egg
		Boil Egg

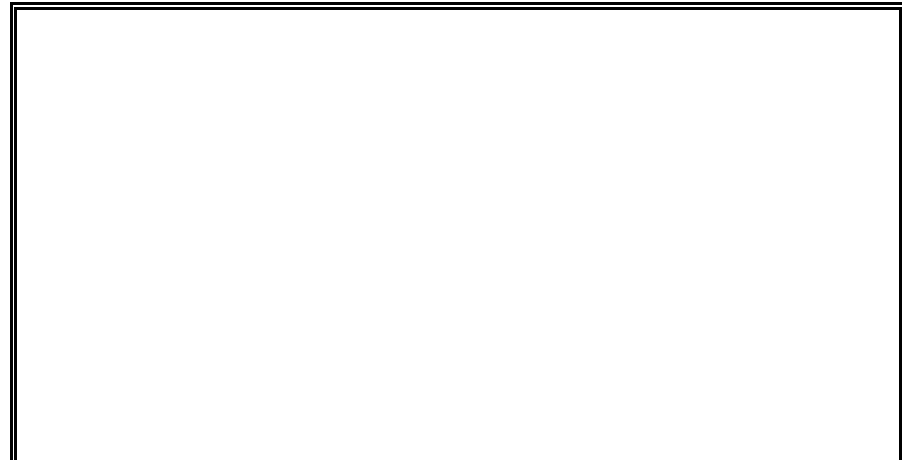
EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	whisking bowl
1	pcs	ballon whisk
1	pcs	teflon
1	pcs	wooden spatula

OPEN RESTO

Yield :

PROCEDURE :
1. Break the egg, put in whisking bowl, mix 2. Season with salt and pepper 3. Fry using teflon

PICTURE



Week of Practice : V

Outlet : Kitchen Pancake

QTY	Unit	INGREDIENT
Dry ingredients :		
200	gr	Flour
25	gr	Sugar
1	tsp	Salt
2	tbsp	Baking Powder
10	gr	vanila powder (opt)
1	pcs	egg
100	ml	milk

EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	whisking bowl
1	pcs	ballon whisk
1	pcs	teflon
1	pcs	wooden spatula

OPEN RESTO

Yield :

PROCEDURE :
1. Mix Sugar and milk well 2. Add flour, vanila powder 3. add egg 4. let it rest, fry using teflon

PICTURE

Week of Practice : V

Outlet : Kitchen

Item Name : Home Fried Potato

QTY	Unit	INGREDIENT
400	gr	Potato
100	gr	Onion
		Salt
		Black Pepper
		Paprika powder
		Oil

EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	steamer
1	pcs	wok
1	pcs	skimmer

OPEN RESTO

Yield :

PROCEDURE :
1. Wash potato 2. Cut potato into wedges 3. Marinate with salt, pepper, paprika powder 4. Deep fry potato 5. Saute onion add potato

PICTURE



Week of Practice : V

Outlet : Kitchen

Item Name : Soup of The Day

[illegible]


EQUIPMENT :

[illegible]

OPEN RESTO

Yield :

Procedure :



Picture

--

Week of Practice : V

Outlet : Kitchen

Item Name : Cereal

[illegible]


EQUIPMENT :

[illegible]

OPEN RESTO

Yield :

Procedure :



Picture

--

Week of Practice : V

Outlet : Kitchen

Item Name : Breakfast Bread

[illegible]

EQUIPMENT :

[illegible]

OPEN RESTO

Yield :

Procedure :

Picture

--

Week of Practice : VI

Outlet : Kitchen

Item Name : Minestrone

QTY	Unit	INGREDIENT
1	liter	Beef Stock
50	gr	Onion, chopped
50	gr	Garlic , chopped
50	gr	Stringbean, paissane
50	gr	Cabbage, paissane
50	gr	Spaghetty,paissane
	gr	Cheese, gratted
25	gr	Tomato Concasse
25	gr	Tomato Puree
		Parsley, chopped, drain
50	gr	carrot, paysane
to taste		Salt & pepper

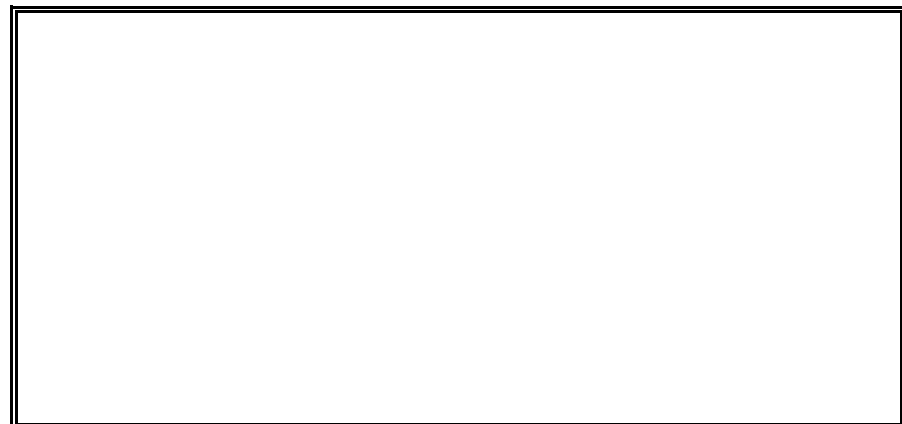
EQUIPMENT :

QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	stock pot
1	pcs	wooden spatula

Yield :

Procedure :
<ol style="list-style-type: none">1. Saute onion garlic2. add carrot, cabbage, stringbeans3. add tomato concasse and puree4. mix well, moistern with beef stock5. cook until the vegetable is tender6. add sphagetty7. season with salt and pepper8. Sprinkle with grated chesse, and parsley

Picture



Week of Practice : VI

Outlet : Kitchen

Item Name : Braised Chic.w/Lemon Garlic Sc

Yield :

QTY	Unit	INGREDIENT
1	pcs	Chicken,
50	gr	Onion, chopped
60	gr	Garlic, chopped
2	pcs	Bay Leave
1	tsp	Thyme
75	cc	Lemon Jus
500	cc	Chicken Stock
50	gr	Butter
60	cc	Oil
to taste		Salt & Pepper

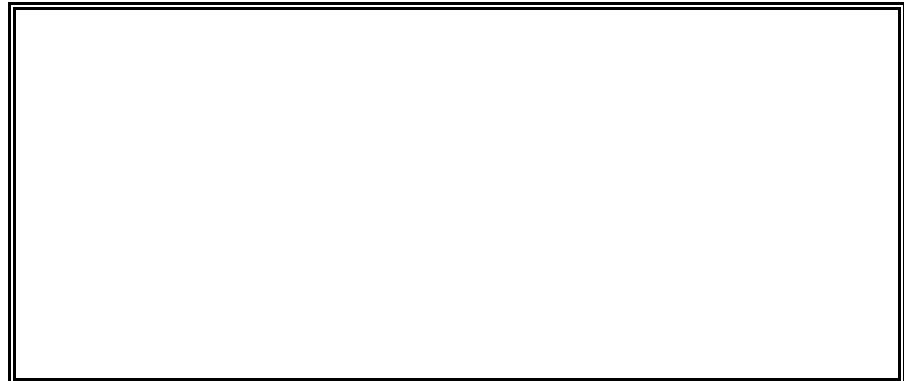
EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	stock pot
1	pcs	wooden spatula

Procedure :

1. Marinate chicken with salt and pepper
2. Sirk for a minute just to give a brown colour
3. saute onion, moistern with chicken stok
4. Put the chicken in the caserole pan with the liquid
braised the chicken until cooked

Lemon Garlic sc

1. saute garlic until fragrant add chicken stock, add lemon
juices
2. Seasoning with salt and pepper
3. Pour the sc on top of chicken

Picture

Week of Practice : VI

Outlet : Kitchen

Item Name : Selected Jardiniere Vegetable

QTY	Unit	INGREDIENT
125	gr	Carrot, jardiniere, boiled
125	gr	Turnip, jardiniere, boiled
125	gr	Stringbeans, jardiniere, blanch
		Butter
		Salt
		Pepper

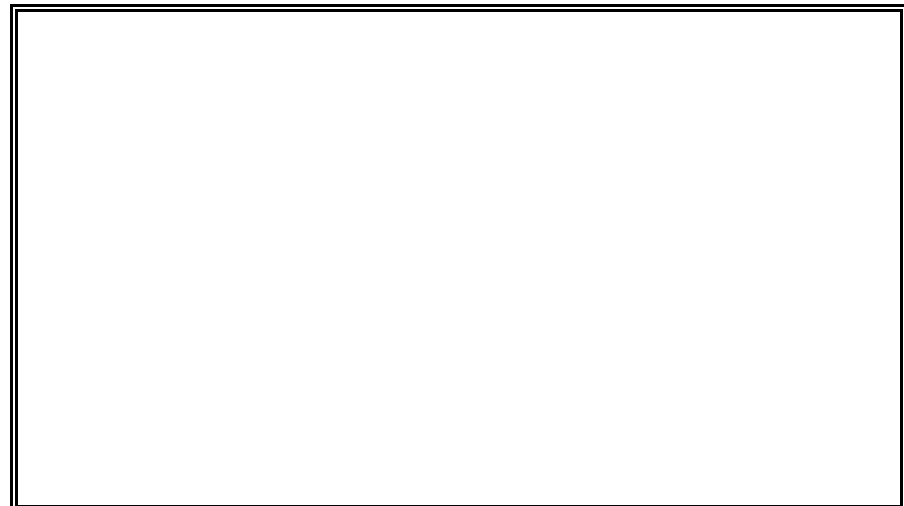
EQUIPMENT :

QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	teflon
1	pcs	wooden spatula

Yield :

Procedure :
1. heat butter saute all vegetable separately season with salt and pepper

Picture



Week of Practice : VI

Outlet : Kitchen

Item Name : Fried Wedges Potato

QTY	Unit	INGREDIENT
500	gr	Potato, Wedges
		Salt
		Oil

EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	fryer

Yield :

Procedure :
1. Steam potato until half cook 2. Drain well, fry the potato until golden brown 3. sprinkle with salt

Picture



Week of Practice : VII

Item Name : Chicken broth

QTY	Unit	INGREDIENT
300	Gr	Chicken, boil, julienne
20	Gr	Carrot, small dice
20	Gr	Leek, small dice
20	Gr	Celery, small dice
15	Gr	Onion, Chopped
15	Gr	Garlic, Chopped
1500	ml	Chicken Stock
to taste		Salt & pepper
		Butter
		Parsley

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	saucepot
1	pcs	wodden spatula
1	pcs	cutting board
1	pcs	vegetable knife

Yield : 5 portion

Procedure :
1. Heat the butter in a heavy saucepot over medium heat 2. Sweat the all vegetables untill half cook 3. Add the stock. Bring to a boil and skim carefully 4. Simmer untill vegetables are tender 5. Add chicken 6. Seasoned 7. Garnish with chopped parsley

PICTURE

Week of Practice : VII

Outlet : Kitchen

Item Name : Beef Stew Stroganoff

QTY	Unit	INGREDIENT
200	gr	Sirloin, goujon
300	gr	Brown Sc
50	cc	Onion, chopped
50	gr	Garlic, chopped
20	cc	Whipped Cream
50	gr	Gherkin, slice
2	tsp	Tomato Ketchup
2	tsp	Red Wine
100	gr	Paprika, slice

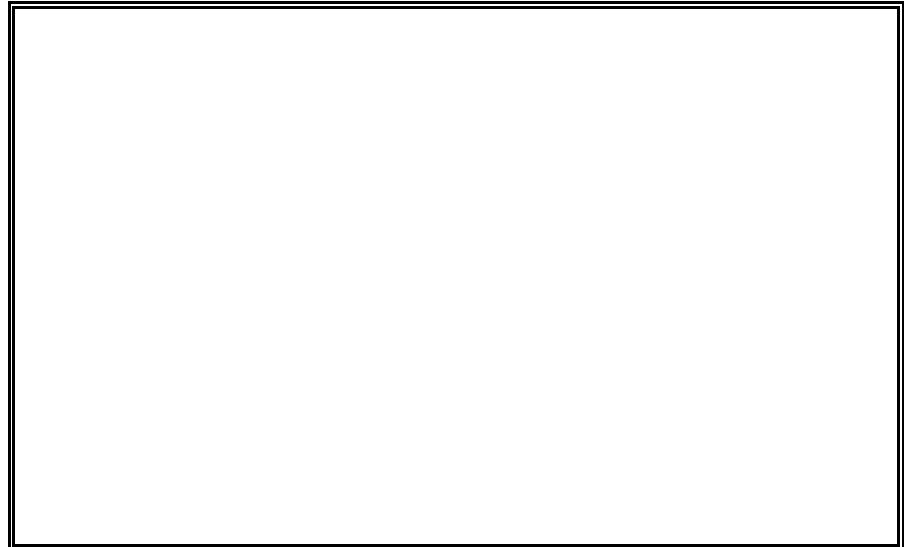
EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	Cutting board
1	pcs	Chef knife
1	pcs	sautese
1	pcs	wooden spatula

Yield :

PROCEDURE :

1. saute onion, garlic until fragrant
2. Add sirloin saute until changing color
3. deglaze with red wine
4. Pour brown sc, tomato ketchup
5. Add paprika seasoning
6. Serve with gherkin and whipped cream as garnish

PICTURE

Week of Practice : VII

Outlet : Kitchen

Item Name : Gaufrette Potato

QTY	Unit	INGREDIENT
500	gr	Potato, Cut Gaufrette
		Salt
		Oil

EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	mandolin
1	pcs	fryer

Yield :

Procedure :
1. cut potato using mandolin 2. soak in water to avoid changing color 3. fry the potato 4. season with salt

Picture



Week of Practice : VII

Outlet : Kitchen

Item Name : Cucumber & Tomato Salad

QTY	Unit	INGREDIENT
100	gr	Cucumber, corr, cut into ring
100	gr	Tomato, wash, sliced
		lettuce, whole & shredded
		Vinaigrete
		parsley

EQUIPMENT :

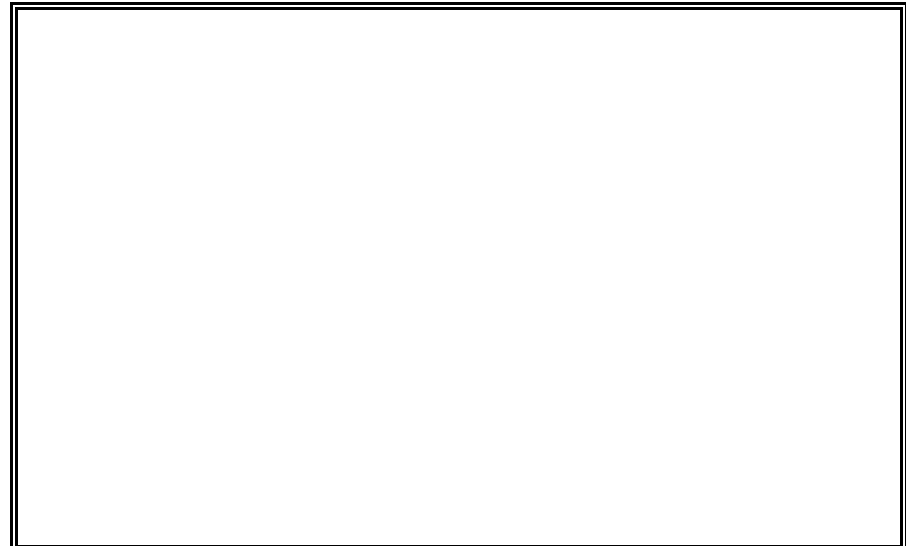
QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	whisking bowl
1	pcs	wooden spatula

Yield :

Procedure :

1. Arrange in plate lettuce as underliner
2. Put the tomato and cucumber on top of lettuce
3. Pour the vinaigrete on top
4. Garnish with parsley sprigs

Picture



Week of Practice : VIII

Outlet : Kitchen

Item Name :Chicken & Celery Consome

QTY	Unit	INGREDIENT
200	gr	Minced Chicken
200	gr	Mirepoix, brunoise
2	pcs	Egg White
50	gr	Tomato Puree
		Bouquet Garny :
50	gr	Celery
		Salt & Pepper
		Chicken stock

EQUIPMENT :

QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	stock pot
1	pcs	wooden spatula

OPEN RESTO

Yield :5 Portions

PROCEDURE
1. mix minced chicken with egg wash, mirepoix well 2. Pour chicken stock, tomato puree, bouquet garny 3. Boil then simmer 4. Took of the raft 5. Strain well, seasoning, add julienne celery

PICTURE

Week of Practice : VIII

Outlet : Kitchen Item Name : Roast Beef Red Wine Sc

QTY	Unit	INGREDIENT
500	gr	Sirloin
to taste		Salt & pepper
		Oil
		Mirepoix
		Mustard
Red Wine Sc :		
100	cc	Red Wine
10	gr	Shallot , Chopped fine
50	cc	Brown Sc
		White Pepper

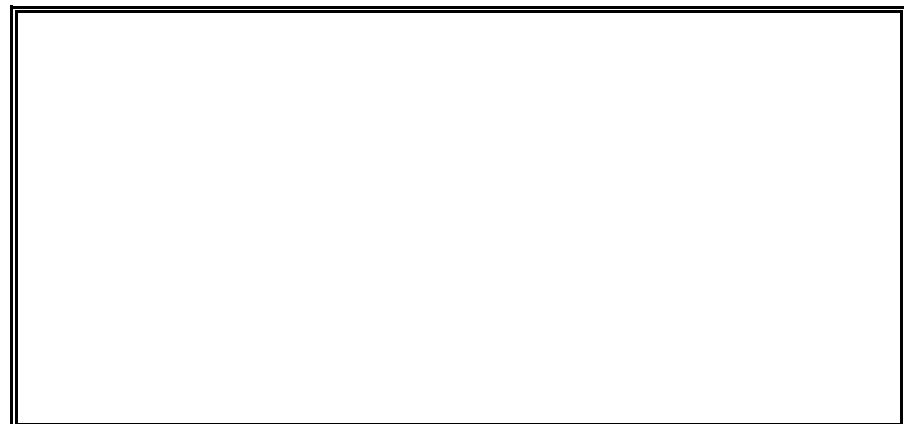
EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	Cutting board
1	pcs	Chef knife
1	pcs	oven
1	pcs	brush
1	pcs	gastronom

OPEN RESTO

Yield :5 Portions

PROCEDURE
1. Marinate sirloin with S&P, mustard, trushing the beef 2. Roast the beef in the oven for about 2 hour Red Wine sc : 1. Saute shallot with red wine, reduce 2. Add brown sc, seasoning 3. Pour the sc on top of beef

PICTURE

Week of Practice : VIII

Outlet : Kitchen

Item Name : Potato In Jacket

QTY	Unit	INGREDIENT
500	gr	Potato
		Salt

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	oven

OPEN RESTO

Yield :5 Portions

PROCEDURE
1. Wash the potato well 2. Breaded potato with salt 3. Baked the potato in the oven

PICTURE

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Week of Practice : VIII

Outlet : Kitchen Item name : Saute Turning Carnot and Turnip

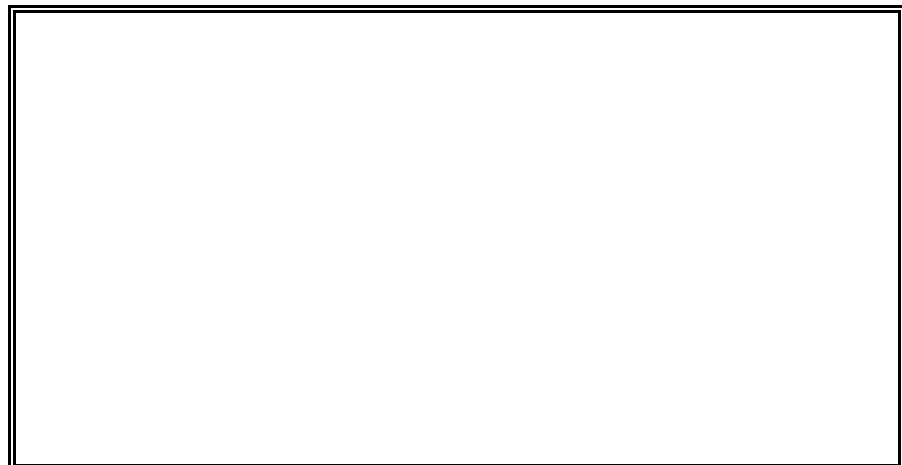
QTY	Unit	INGREDIENT
150	gr	Carrot, turning cut
150	gr	Turnip, turning cut
		Butter
		Salt
		Pepper
		Sugar

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	Cutting board
1	pcs	Chef knife
1	pcs	sautese
1	pcs	wooden spatula

OPEN RESTO

Yield :5 Portions

PROCEDURE
1. Boil carrot and turnip, refresh 2. Saute carrot seasoning with sugar 3. Saute turnip with salt & pepper

PICTURE

Week of Practice : IX

Outlet : Kitchen

Item Name : Brown Onion Soup

QTY	Unit	INGREDIENT
500	gr	Beef Stock
250	gr	Onion, slice
20	gr	Butter
to taste		Salt & pepper
100	gr	flour
		French Bread
50	gr	Cheese

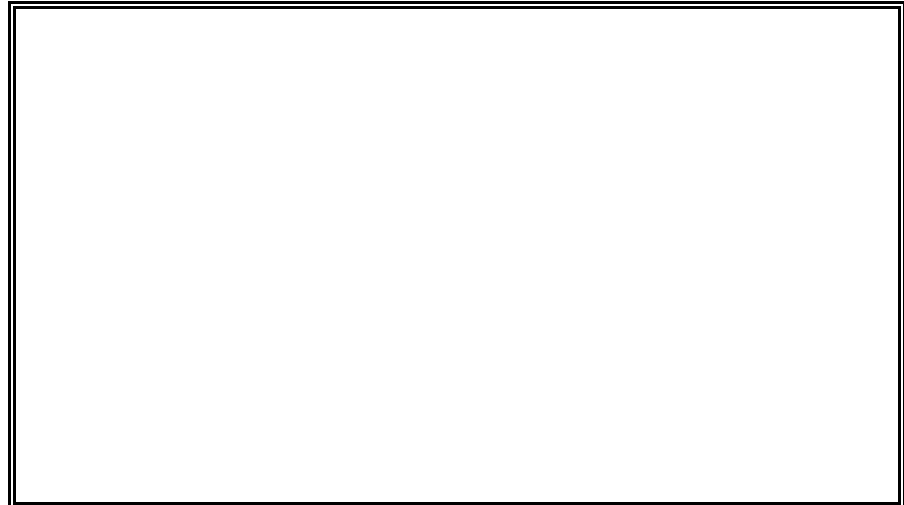
EQUIPMENT :

QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	stock pot
1	pcs	wooden spatula

OPEN RESTO

Yield :5 Portions

PROCEDURE :
1. Heat butter, saute onion until brown (not burn) 2. Add flour a little mix well with the onion 3. Moisten with beef stock 4. Boil, simmer 5. Seasoning with salt and pepper 6. Make diablottin from french bread and cheese 7. Put the diablottin on top of the soup

PICTURE

Week of Practice : IX

Outlet : Kitchen Item Name : Roast Chicken Maitre D'hotel

QTY	Unit	INGREDIENT
1 1/2	whole	Chicken
to taste		Salt & pepper
		Oil
		Mirepoix
Maitre d' hotel		
100	gr	Butter
5	cc	Lemon Jc
50	gr	Parsley, chopped
25	gr	Shallot
		White Pepper
		Aluminium Foil

EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	Cutting board
1	pcs	Chef knife
1	pcs	oven
1	pcs	brush
1	pcs	gastronom

OPEN RESTO

Yield :5 Portions

PROCEDURE
<ol style="list-style-type: none">1. Marinate chicken with S&P,2. Put the chicken on the caserole pan, use mirepoix as underliner3. Roast for 1 one hour4. Once a while basting the chicken5. Roast until brown color

PICTURE

Week of Practice : IX

Outlet : Kitchen

Item Name : Baked Idaho Potato

QTY	Unit	INGREDIENT
500	gr	Potato
		Aluminium Foil

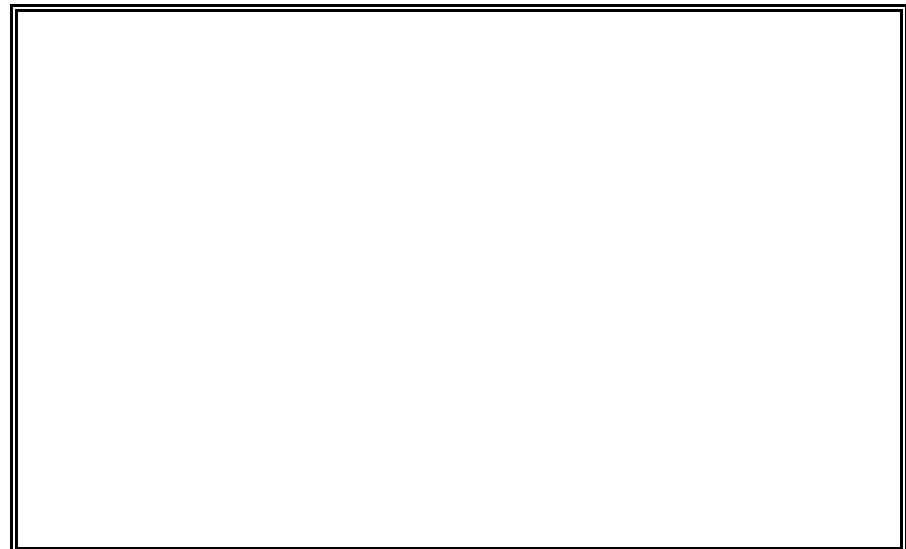
EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	oven

OPEN RESTO

Yield :5 Portions

PROCEDURE
1. Wash the potato well 2. Wrap potato using alumunium foil 3. Baked the potato in the oven

PICTURE



Week of Practice : IX

Outlet : Kitchen Item name : Mixed Macedoine Vegetables

QTY	Unit	INGREDIENT
150	gr	Carrot, macedoine
150	gr	Turnip, macedoine
100	gr	Stringbeans, macedoine
20	gr	Butter
10	gr	Salt
10	gr	Pepper

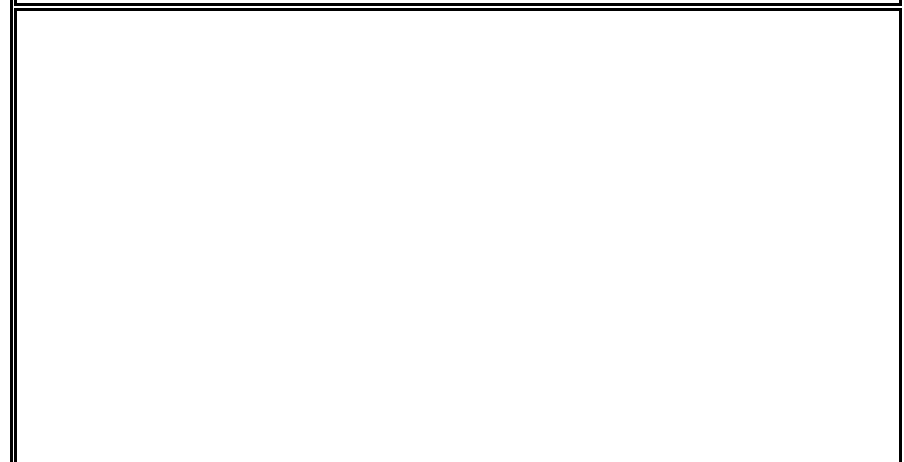
EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	Cutting board
1	pcs	Chef knife
1	pcs	sautese
1	pcs	wooden spatula

OPEN RESTO

Yield :5 Portions

PROCEDURE
1. Boil carrot and turnip, stringbeans refresh 2. Saute all vegetable 3. Mix well, seasoning with salt and pepper

PICTURE

Week of Practice : X

Item Name : Sweet Corn & Chicken cream soup

QTY	Unit	INGREDIENT
300	Gr	Chicken, boiled, julienne
20	Gr	Carrot, chopped
20	Gr	Leek, chopped
20	Gr	Celery, chopped
15	Gr	Onion,chopped
15	Gr	Garlic,chopped
		Cream
		Flour
to taste		Salt & Pepper
		Parsley, chopped

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	saucepot
1	pcs	wodden spatula
1	pcs	cutting board
1	pcs	vegetable knife

Yield :

Procedure :
1. Heat the butter in a heavy saucepot over medium heat 2. Add garlic, saute until fragrant 3. Add flour, don't burn it 4. Moistern with chicken stock 5. Add cream 6. Seasoned 7. Add chicken, sweet corn 8. Pour the soup into soup cup 9. Garnish with chopped parsley

PICTURE

Week of Practice : X

Outlet : Kitchen Item Name : Fried Goujon of Milanaise sc

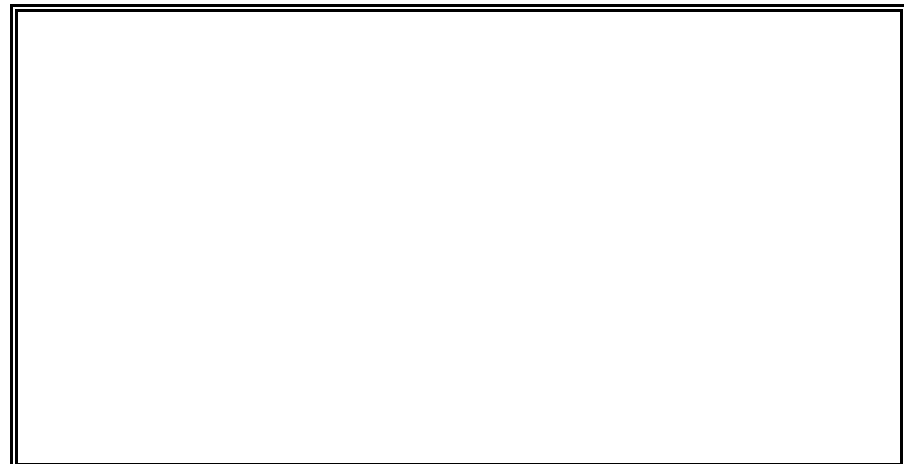
QTY	Unit	INGREDIENT
500	gr	Fillet of Snapper, goujon (finger cut)
to taste		Salt & pepper
		lime juice
		Milanaise Sc
50	gr	onion
50	gr	garlic
100	ml	tomato ketchup
30	gr	green pepper
30	gr	Mushroom champignon
		oil

EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	stock pot
1	pcs	wooden spatula

Yield :5 Portions

PROCEDURE :
1. Marinate snapper with S&P, lime juice 2. Breaded the fish, fry 3. Make milannaise sc 4. Pour the sc on top of fried goujon 5. Garnish with parmesan cheese and parsley sprigs

PICTURE



Week of Practice : X

Outlet : Kitchen

Item Name : Parsley Potato

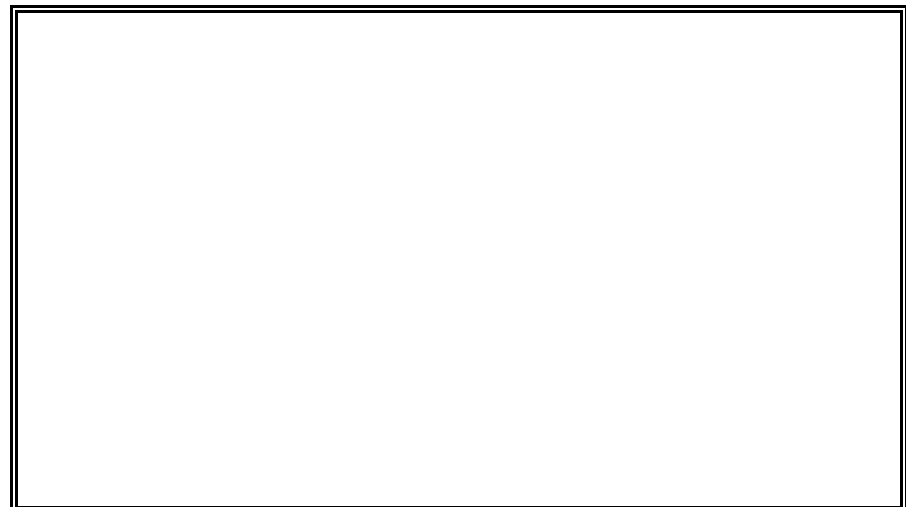
QTY	Unit	INGREDIENT
500	gr	Potato, turning cut
20	gr	Parsley, chopped
to taste		Salt & pepper
30	gr	Butter

EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	Sautese
1	pcs	wooden spatula

Yield :5 Portions

PROCEDURE
1. Steam potato 2. Saute potato with butter 3. Seasoning, sprinkle with chopped parsley

PICTURE



Week of Practice : X

Outlet : Kitchen Mixed Vegetables with herbs

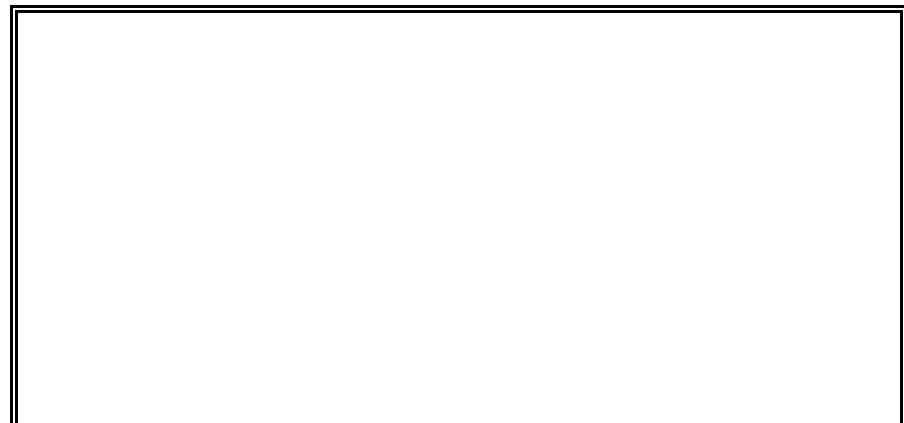
QTY	Unit	INGREDIENT
100	gr	Asparagus, batonnete
120	gr	Zuchini, batonnete
80	gr	Celery Root, batonnete
80	gr	Turnip , Batonnete
60		Butter
1	ea	Shallots
10	cc	Lemon Jc
5	cc	Water
to taste		Salt
		Chopped Parsley
		Chopped Chive

EQUIPMENT :		
QTY	UNIT	UTENSILS
1	pcs	Cutting board
1	pcs	Chef knife
1	pcs	sautese
1	pcs	wooden spatula

Yield :5 Portions

PROCEDURE
1. Boil all vegetables 3/4 cooked 2. Heat butter add all vegetables 3. Seasoning with S&P, lemon jc, add all herbs

PICTURE



Week of Practice : XI

Outlet : Kitchen

Item Name : Zuppa di Pesce

QTY	Unit	INGREDIENT
35'	cc	Olive Oil
30	gr	Onion, dice
1	pcs	Garlic, chopped
30	gr	Parsley, chopped
70	cc	White Wine
1	gr	Tomato, concasse
50	gr	Tomato Puree
1	liter	fish Stock
250	gr	Fillet of Snapper, dice
250	gr	Squid
250	gr	Mussels
to taste		Salt & Pepper

EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	stock pot
1	pcs	wooden spatula

Yield :5 Portions

PROCEDURE
<ol style="list-style-type: none">1. Saute onion, garlic with olive oil2. Add all seafood mix well (don't to long) add tomato puree3. Deglaze with white wine, moisten with fish stock4. Seasoning5. Serve and garnish with chopped parsley and tomato concasse

PICTURE

Week of Practice : XI

Outlet : Kitchen

Item Name : Spaghetty Bolognaise

QTY	Unit	INGREDIENT
500	Kg	Minced Beef
1	tbs	Tomato Paste
50	gr	Onion
25	gr	Garlic
5		Bay Leave
5	gr	Oregano
5	gr	Basil
100	gr	Carrot, brunoise
3	tbs	Tomato Ketchup
100	cc	Brown Sc
400	gr	Spaghetty
to taste		Salt & Pepper
		Oil
50	gr	Parmesan Cheese
100	gr	Tomato
		Parsley

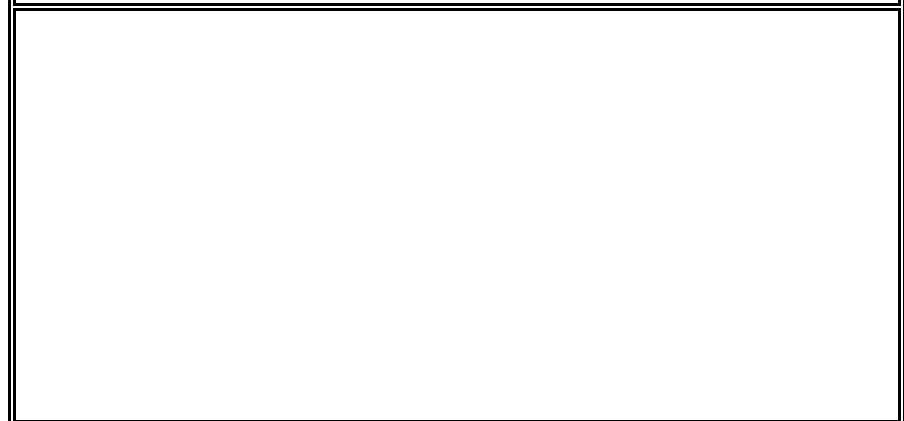
EQUIPMENT :

QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	stock pot
1	pcs	wooden spatula
1	pcs	sautese

Yield :5 Portions

PROCEDURE

1. Saute beef without oil, until dry, add onion, garlic
2. Add tomato paste, brown sc,all herbs seasoning
3. Boil spaghetty (al dente)
4. Serve spaghetty with bolognaise sc, garnish with parmesan cheese, chopped parsley

PICTURE

Week of Practice : XI

Outlet : Kitchen

Item Name : Mixed Green Salad

QTY	Unit	INGREDIENT
	gr	Lettuce, whole, shredded
	gr	Cucumber, corr, sliced
	gr	Tomato, sliced
		Green pepper, sliced
Chiffonade Dressing :		
250	cc	Vinaigrete
1	pcs	Hard Boil egg, chopped
50	gr	Beets, boiled , chopped
10		Parsley, chopped
50		Onion, chopped

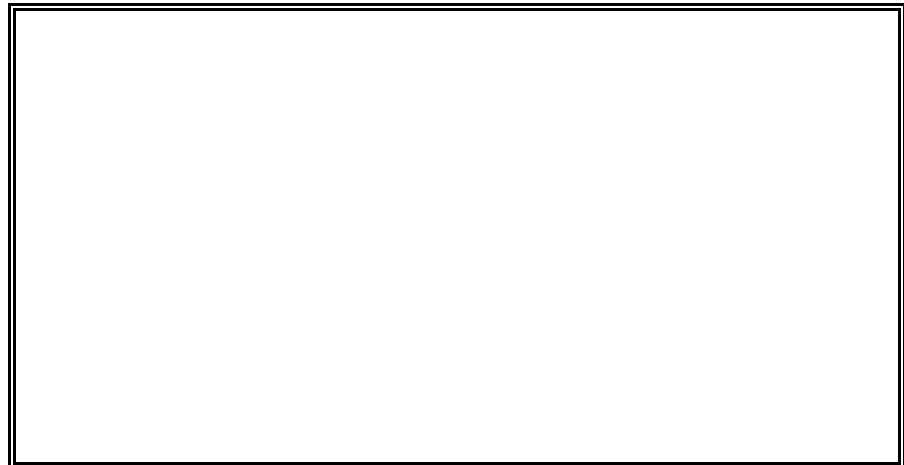
EQUIPMENT :

QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	whisking bowl
1	pcs	wooden spatula

Yield :5 Portions

PROCEDURE

1. Arrange in the plate, all vegetables
2. Pour the chiffonade dressings on top of salad
3. garnish with parsley sprigs

PICTURE

Week of Practice :XII

Outlet : Kitchen

Item Name : Shrimp Cocktail

QTY	Unit	INGREDIENT
300	gr	Shrimp
100	cc	Mayonaisse
6	cc	Lemon Jc
25	gr	Tomato ketchup
10	cc	Brandy
		Tabasco
to taste		Salt
50	gr	Lettuce
50	gr	Tomato, wedges (optional)
		Lemon

EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	whisking bowl
1	pcs	ballon whisk
1	pcs	pot

OPEN RESTO

Yield :5 Portions

PROCEDURE :
COCKTAIL DRESSINGS 1. Mix mayonnaise, lemon juice, tomato ketchup, brandy tabasco well 2. Arrange in cocktail glas lettuce, shrimp 3. Pour dressing on top garnish with lemon wedges

PICTURE

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Week of Practice :XII

Outlet : Kitchen

Item Name : Chicken Steak Black Pepper

QTY	Unit	INGREDIENT
1000	gr	Chicken, boneless
300	gr	Brown Sc
50	cc	Onion, chopped
50	gr	Garlic, chopped
50	gr	Black peppercorn, burn,crushed

EQUIPMENT :

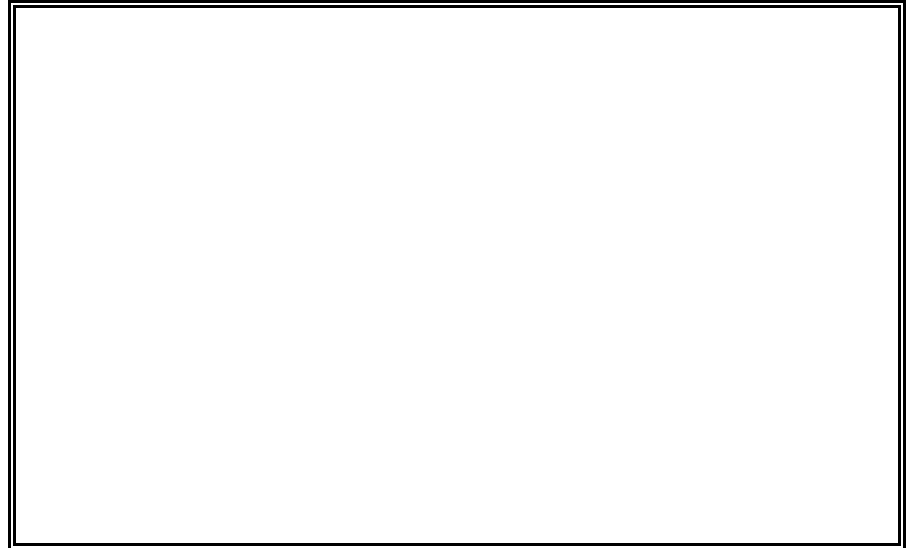
QTY	UNIT	UTENSILS
1	pcs	Cutting board
1	pcs	Chef knife
1	pcs	sautese
1	pcs	wooden spatula
1	pcs	grill
1	pcs	food tang

OPEN RESTO

Yield :

PROCEDURE :

1. saute onion, garlic until fragrant
2. add brown sc, add black pepper
3. Grill chicken until cooked
4. Arrange in the plate chicken
5. Pour black pepper sc on top
6. Garnish with pasley steem

PICTURE

Week of Practice :XII

Outlet : Kitchen

Item Name : Lyonnaise Potato

QTY	Unit	INGREDIENT
600	gr	Potato, slice
140	gr	Onion, slice
to taste		Salt & pepper
45	gr	Butter
		parsley

EQUIPMENT :

QTY	UNIT	UTENSILS
1	pcs	Cutting board
1	pcs	Chef knife
1	pcs	sautese
1	pcs	wooden spatula

OPEN RESTO

Yield :5 Portions

PROCEDURE
1. Boiled potato 3/4 cooked 2. Saute onion until soft, add potato mix well 4. Seasoning with S&P 5. Garnish with chopped parsley

PICTURE

Week of Practice :XII

Outlet : Kitchen

Item Name : Saute Broccoli

QTY	Unit	INGREDIENT
50	gr	Onion, chopped
320	gr	Broccoli
100	ml	Chicken Stock
to taste		Salt & Pepper

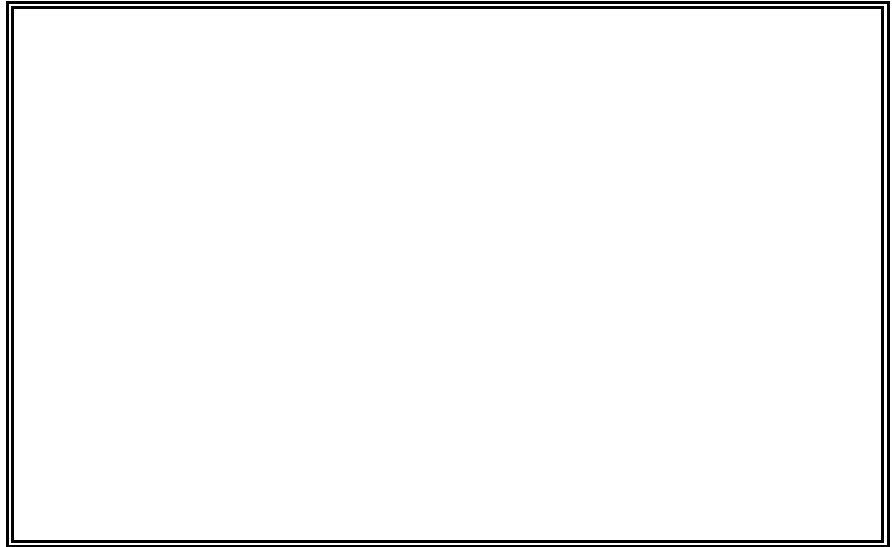
EQUIPMENT :

QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	Stock pot
1	pcs	Spatula

OPEN RESTO

Yield :5 Portions

PROCEDURE
<ol style="list-style-type: none">1. Saute onion until fragrant2. add broccoli sweat the broccoli3. Moisten with chicken stock4. Seasoning with salt and pepper

PICTURE

Week of Practice : XIII

Outlet : Kitchen

Item Name : Beef Cordon Bleu

QTY	Unit	INGREDIENT
500	gr	Tenderloin, divide into 2
25	gr	Mustard
to taste		Salt
to taste		Pepper
		Smoked beef
		Chesse
2	pcs	Egg
100	gr	Flour
100	gr	Bread Crumb

EQUIPMENT :

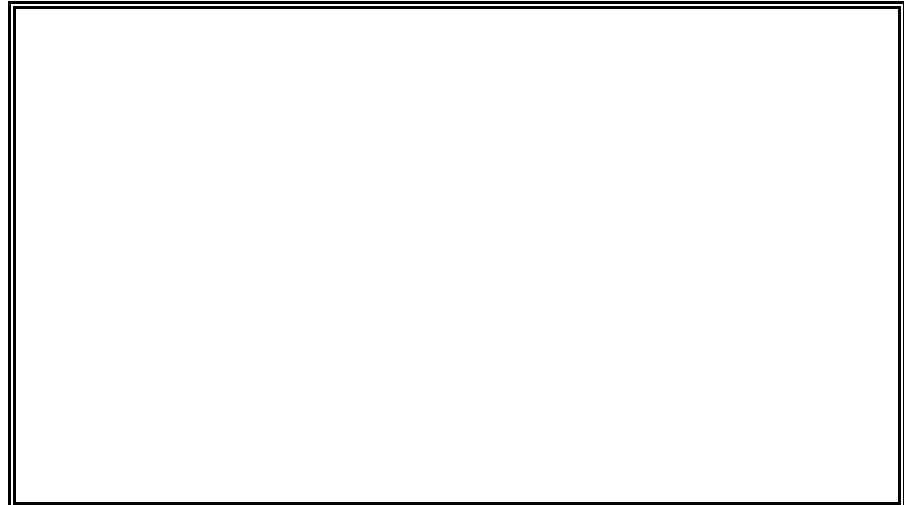
QTY	UNIT	UTENSILS
1	pcs	Cutting board
1	pcs	Chef knife
1	pcs	sautese
1	pcs	wooden spatula
1	pcs	grill
1	pcs	food tang

Yield : 5 portion

PROCEDURE :

1. Marinate tenderloin with salt, pepper and mustard
2. Fill the tenderloin with smoked beef and chesse
3. Breaded Tenderloin with flour egg and bread crumb
4. Pan fry tenderloin, cooke in the oven

* beef change be change using chicken

PICTURE

Week of Practice :XIII

Outlet : Kitchen

Item Name : Wedges Potatoes

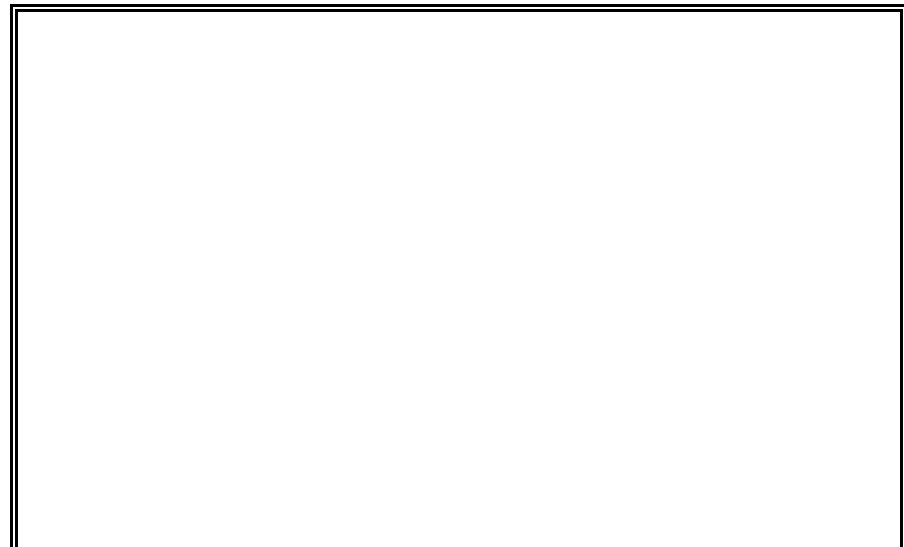
QTY	Unit	INGREDIENT
500	gr	Potato, wedges
to taste		Salt
		Oil

EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	fryer
1	pcs	skimmer

Yield :5 Portions

PROCEDURE
1. Steam or boil potato 3/4 cooked 2. Fry potato until golden color 3. Seasoning with salt

PICTURE



Week of Practice :XIII

Outlet : Kitchen

Item Name : Vichy Carrot

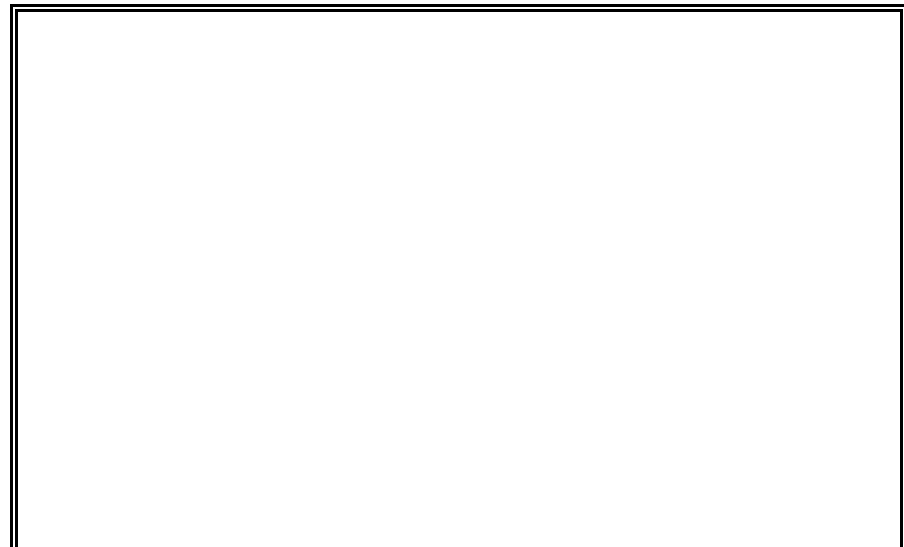
QTY	Unit	INGREDIENT
300	gr	Carrot, slice
to taste		Sugar
75	gr	Onion, chopped
100	ml	Chicken Stock

EQUIPMENT :		
QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	Stock pot
1	pcs	Spatula

Yield :5 Portions

PROCEDURE
1. Saute onion until fragrant 2. add carrot swet the carrot 3. Moisten with chicken stock 4. Seasoning with sugar

PICTURE



Week of Practice :XIV

Outlet : Kitchen

Item Name : Beef Burger Calypso Sc

QTY	Unit	INGREDIENT
		<u>Beef Patty</u>
300'	gr	Mince Beef
50	gr	Onion
100	gr	Bread Crumb
2	pc	Egg
15	gr	Salt
5	gr	Pepper
10	cc	L & P Sc
50	cc	Oil
100	gr	Curly Lettuce
60	gr	Tomato
35	gr	Gherkin
4	pc	Burger Buns
20	gr	Onion
		<u>Calypso Sc</u>
25	gr	Mayonnaise
50	gr	Tomato Ketchup
10	cc	Tabasco

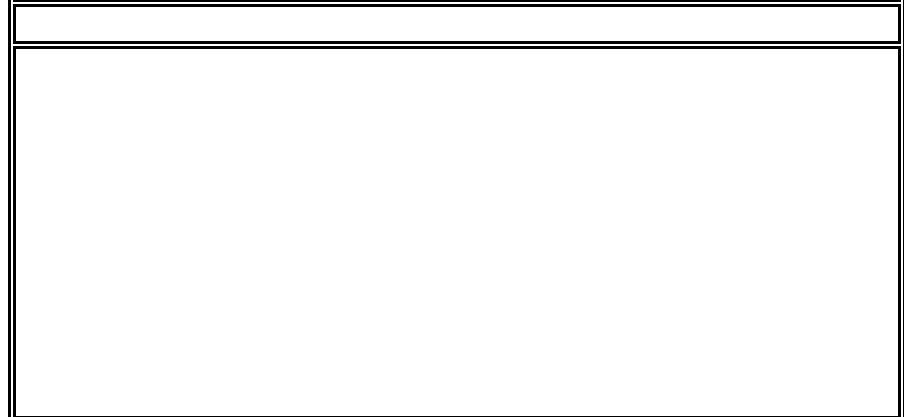
EQUIPMENT :

QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	whisking bowl
1	pcs	wooden spatula

Yield :4 Portions

PROCEDURE

1. Saute onion until fragrant
2. Mix beef with onion, egg, bread crumb, seasoning
3. Let it rest in the refri ± 30 minute
4. Grill the burger until cook
5. Arrange in the plate, hell lettuce, patty, onion, tomato, gherkin, pour the calypso sc, cover with crown

PICTURE

Week of Practice :XIV

Outlet : Kitchen

Item Name : French Fried Potatoes

QTY	Unit	INGREDIENT
500	gr	Potato, batonnete
to taste		Salt
		Oil

EQUIPMENT :

QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	fryer
1	pcs	skimmer

Yield :5 Portions

PROCEDURE
1. Steam or boil potato 3/4 cooked 2. Fry potato until golden color 3. Seasoning with salt

PICTURE

Week of Practice :XIV

Outlet : Kitchen

Item Name : Coleslaw

QTY	Unit	INGREDIENT
50	gr	Carrot
50	gr	Cabbage
5	cc	Vinegar
25	gr	Mayonnaise
10	gr	Salt
5	gr	Pepper

EQUIPMENT :

QTY	UNITS	UTENSILS
1	pcs	cutting board
1	pcs	vegetable knife
1	pcs	whisking bowl
1	pcs	wooden spatula

Yield :5 Portions

PROCEDURE

1. Soak carrot & cabbage in vinegar, salt water ±30 min
2. Wash it until the no more taste of vinegar
3. Mix well with mayonnaise

PICTURE